

Merchandise, Music & More:

PX Grand Opening Set for Monday

By Spc. Andy Miller
122nd MPAD

The largest post exchange in Iraq is slated to open at Camp Victory North Monday. After several setbacks, a store full of new merchandise is now safely on the shelves, awaiting the eyes of fresh customers.

The grand opening ceremony begins at 10 a.m., though the festivities will continue throughout the week.

Prizes include \$7,000 in merchandise and gift certificates. A large prize, like a digital camera or television will be given away each day of the week. A \$50 gift certificate will also be awarded every day next week. At the end of the week, the Army and Air Force Exchange Service will take all

of the entries from the seven days and draw a name for the grand prize: a 29-inch television with home theater.

The 1st Cavalry Division band will play throughout the opening ceremonies Monday, with appearances from the brass and jazz ensembles. At the end of the day, a rock group will play on an outdoor stage. The stage will become a permanent part of the post exchange area, according to Len Freitas, the store manager.

"We've ordered in some steak, and burgers and ribs. We'll cook them until there aren't any more to give away."

- Len Freitas, store manager, AAFES

"Also, during the year, if we have recording artists come over for visits, we'll have a place for them to meet people and sign autographs, and perform if they want to."

"We hope to have weekly 'Music on the Mall' type stuff," Freitas said.



By Spc. Andy Miller, 122nd MPAD

Pallets of freshly stocked merchandise line the aisles at Camp Victory North's new post exchange. The exchange opens Monday, and will be the largest in Iraq. Concessions will include a Burger King, barber, beauty shop and an AT&T phone center.

The grand opening celebration will also feature a barbeque.

"We've ordered in some steak, and burgers and ribs," Freitas said. "We'll cook them until there aren't any more to give away. We're also going to have some big cakes to give away that day. I mean huge, four huge cakes."

Burger King will also be flipping burgers and slinging fries on Monday, Freitas said. He said eventually other concessions around the exchange will open including a barber, beauty shop and AT&T phone center. If authorized, Freitas said they would like to open more food concessions in the future.

Team Helps Soldiers Deal with Combat Stress

By Pfc. Al Barrus
122nd MPAD

A squad patrols the streets of Baghdad when an improvised explosive device detonates beneath their vehicle. Then, the Soldiers receive small-arms fire, which claims several casualties. Although the incident happened in a split

second, it changed the lives of the Soldiers who were wounded, and even those who weren't physically injured might be suffering from what is known as combat stress.

Throughout history, combat stress has been given many names such as shell shock or battle fatigue. In the past, it

also branded those who showed its symptoms as feeble minded and unfit for a combat zone.

Capt. Raymond McClenen, 1st Cavalry Division psychologist, said it has been proven that combat stress is a common affliction for Soldiers who are involved in serious combat situations.

"We don't identify people with combat stress as patients," McClenen said. "They are normal people having a normal response to an abnormal situation. We help them understand that what they are going through is a typical, even predictable, response."

Continued on Page 2

Combat Stress Control Team Teaches Soldiers to Cope with Combat

Continued from Page 1

McClenen and Spc. Kate Norley, a mental health specialist, make up the two-person Combat Stress Control (CSC) team in Echo Company, 15th Forward Support Battalion, 2nd Brigade Combat Team. The team counsels and helps Soldiers cope with combat stress using procedures that keep the First Team mission ready.

"After a unit has suffered trauma and gets back to their living areas, they need about 24 hours to get things figured out," Norley said. "A night's rest before the unit has their after-actions debriefing does wonders for the healing process, even if they don't sleep well."

The after-action debriefing lets Soldiers know what they might go through in the days following a combat incident and how to watch out for their

fellow Soldiers. The symptoms may include nightmares, flashbacks, trouble sleeping, loss of appetite and fear of going back to the mission.

As part of the briefing, the CSC team also helps Soldiers remember a lost friend and not to let their death be in vain.

"We remember the Soldier and remind them that this person is no longer with us, but wants them to drive on," Norley said. "He wants them to carry out the mission and be safe and be strong. It's the reality of being out here; you cannot stop."

The team said after an incident, the Soldiers affected need time to figure out what has happened and talk to their battle buddies. Chaplains and the CSC team are always there to talk with as well, Norley said.

For most Soldiers, the healing process takes approxi-

mately 72 hours to get back to full duty, McClenen said. According to the Army doctrine covering combat stress, an average of 85 percent of Soldiers recover from combat stress. Nearly 100 percent of Second Brigade troops are

returning to duty after 72 hours with few symptoms of combat stress, McClenen said. He also said, those who need more time to get back to normal are counseled individually.

The one or two percent of

Continued on Page 3



By Pfc. Al Barrus, 122nd MPAD

Capt. Raymond McClenen, 1st Cavalry Division psychologist, and Spc. Kate Norley, mental health specialist, put on a presentation to the 2BCT sergeants major on helping their troops with stress. The Combat Stress Control team also counsels Soldiers individually to cope with post-traumatic stress.



By Spc. Marie Whitney, 122nd MPAD

1st Cavalry Division commanding general, Major Gen. Peter Chiarelli shows his respect for Spc. Ervin Caradine Jr. and Pvt. Jeremy Drexler of 3rd Platoon, B Company, 91st Engineer Battalion, during the memorial service held in their honor May 5.

Saturday

High: 98
Low: 76



Sunday

High: 100
Low: 78



Monday

High: 103
Low: 80



Reminder: Mother's Day

Sunday, May 9

CALL YOUR MOM



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Fort Hood Honors Its 2004 Volunteers of the Year

► From *Fort Hood Sentinel*

FORT HOOD, Texas—Acknowledging the vital role volunteers play at Fort Hood, post officials hosted a Volunteer of the Year Recognition Ceremony April 29 to celebrate 37 men and women who dedicated their time to a variety of causes during the past year. All honorees in attendance had previously been named Volunteers of the Year by their individual agencies.

During the ceremony, Ursula Adam was named as the 2004 Fort Hood Volunteer of the Year by Col. Bill Parry, garrison commander. This was the second time Adam received the prestigious award. Initially named the 2004 Fort Hood Senior Volunteer of the Year, Adam played a vital role in a variety of organizations throughout the year, dedicating herself to making real and lasting differences

in the post community.

"Volunteers make an incredible difference," Brig. Gen. James Simmons, deputy commander, III Corps and Fort Hood, explained to a packed Officers' Club ballroom. "When you look at all the different activities our volunteers are involved in, you very quickly realize ... that we just could not get things done here at Fort Hood without our great volunteers."

Working with organizations ranging from Family Readiness Groups and the American Red Cross to Santa's Workshop and Families In Crisis, the 37 Agency Volunteers of the Year, along with more than 22,000 other men, women and children, dedicated 173,424 hours to their tasks, saving Fort Hood more than \$2 million during the past year.

"Your service to the community, without expectation of

reward or acclaim, allows us to provide a wide variety of activities that would otherwise not happen," Maj. Gen. Pete Chiarelli, 1st Cavalry Division commanding general, said in a special videotaped message from Iraq played during the ceremony.

"Every project ... that is worked by volunteers is another building block for the achievement of a great culture and community. All of you who volunteer your time, effort and considerable energy are indeed engaged in keeping our nation great," Chiarelli said.

Volunteers recognized for their service included Catherine Norris, a teen who helped young family members transition into the Fort Hood community; Laurel Klinge, a Family Readiness Group leader who insured the families of the 8th Engineer Battalion were prepared to weather a long deployment; Betty and Dean Burkett, a couple who donated their time to assist Soldiers deploying to Iraq; and Emmy Schulz, a mother who continued to provide support to her son's unit, Company C, 3rd Battalion, 67th Armor

"Your commitment inspires us."

-MG Pete Chiarelli, commanding general, 1st Cavalry Division



Fort Hood Sentinel

TWO-TIME WINNER:
Ursula Adam was named 2004 Fort Hood Volunteer of the Year at a ceremony April 29.

Regiment, 4th Infantry Division, even after her son, Spc. Christian Schulz, was killed in action.

"Your commitment inspires us," Chiarelli told the volunteers.

Parry also recognized the two Installation Volunteers of Merit, Sherry Eifler and Suzanne Wollek.

CSC Shows Soldiers How to Regroup, Return to the Mission

Continued from Page 2

troops who are hung up on an incident after 72 hours have difficulty getting over the idea that they could have stopped the incident or made it better. Some fear they are not fit to fight in their team. They just need to hear from other people that they did all they could, and gain back their confidence, McClenen said.

"You can never prepare for this kind of event," Norley said. "You could be the tough-

est guy on the block and you can't prepare for the kind of stuff you see over here. [The Soldiers] deserve to come back and continue to be heroes, and they shouldn't feel shameful that they got freaked out; whatever their reaction is, it's normal."

The Soldiers are getting back to the mission, with the help of their battle buddies, leadership, chaplains and the CSC team, McClenen said.

"We have seen over 400 people for combat stress in the two months we have been here," he said. "And we haven't lost a single Soldier from it. No one has had to go [home]."

McClenen said that commanders have been more than willing to let their Soldiers work with the CSC team.

"[Unit commanders] understand that if we can talk to their Soldiers, they get to take every single one of them

home," he said. "That's our goal at this point; take every-one home we took with us."

The team loves to help Soldiers and give them back their motivation for the mission.

"There are so many of us out here, and you would be surprised at how many people feel alone," Norley said. "There's not that one somebody they can talk to, and if I'm that one person for 20,000 people, I'm honored to do it."

Killeen's Ellison High Baseball Team Achieves History-Making Win

WEIMAR, Texas- For Ellison baseball coach Richard Tucker, Thursday's historic 3-2 bi-district win over Lamar Consolidated knocked more than just a monkey off the back of his alma mater.

According to Tucker, it was more like a 26-year-old gorilla — borne of nearly three decades of post-season failure which had seen the Eagles swept in all six of their previous bi-district appearances.

Walter Kilpatrick was 2-for-3 with a home run, a double and three RBIs to lead Ellison (18-9), which can close the best-of-three series with a win in tonight's 6 p.m. rematch on the campus of Baylor University.

For Lamar, the loss dropped District 18-4A's No. 3 seed to 6-16 on the year, and



will force the Mustangs to win Game 2 to stave off elimination.

Game 3, if needed, will be played tonight as well, beginning immediately following Game 2 at Baylor Ballpark.

"I told the kids that if they're happy about making history tonight, that's great," said Tucker, whose teams had been swept in five playoff appearances during his eight-year tenure. "I also told them if they're content

with it, that we won't be playing baseball much longer this year.

"But as long as we keep winning, this team can make

"But as long as we keep winning, this team can make history every time it takes the field."

-Richard Tucker, baseball coach, Ellison High School

history every time it takes the field."

Yet from the outset, it was obvious Ellison would have its work cut out for it, as Lamar starting pitcher Keith Brunson baffled the Eagles with a variety of off-speed breaking pitches.

The 16-year-old junior finally made the game's first mistake in the fourth, hanging an 0-2 curve to Kilpatrick, who blasted it over the left-field wall for a 1-0 Ellison lead.

Lamar evened the tally with a run in the fifth, when Brunson walked and scored on a one-out single by Blake McCall. But in the top of the sixth, Kilpatrick was the beneficiary of yet another 0-2 gift — a fastball down the heart of the plate which he drilled up the alley to score both Cruz and James Belliveau for a 3-1 advantage.

It still hasn't hit me yet," said Kilpatrick, when reminded that he had provided the game-winning RBIs in Ellison's first-ever postseason victory.

Today in History

May 8

► From historychannel.com

1541 Spanish conquistador Hernando de Soto reaches the Mississippi River

1864 Lee's Army of Northern Virginia beats Grant's Army of the Potomac to Spotsylvania
1914 Paramount Pictures formed

1933 The first police radio system, connecting headquarters to patrol cars and patrol cars to one another installed

1945 V-E Day is celebrated in America and Britain - the war in Europe is over
1972 Mining of North Vietnamese harbors is announced

1984 Soviets announce boycott of L.A. Olympics

Scores MLB



AMERICAN LEAGUE

Boston 7
Kansas City 6

Toronto 5
Chicago 4

NATIONAL LEAGUE

Chicago 11
Colorado 0

Montreal 4
St. Louis 2

Los Angeles 4
Pittsburgh 0

San Francisco 6
Cincinnati 1

Milwaukee 7
New York 5

Florida 3
San Diego 1



NBA

PLAYOFFS

Detroit 95
New Jersey 80
(Detroit leads series 2-0)

TV GUIDE

	AFN ATLANTIC	AFN PACIFIC	AFN Sports	AFN Spectrum
18:00	Law & Order	Saturday Night Live 17:30	Totally NASCAR/ Wire to Wire	Mother 17:00
19:00	Headline News/ Navy/Marine Corps News	Kickin' It	SportsCenter	The View
20:00	SportsCenter	NBA Playoffs - 2nd Round Gm 2-New Jersey Nets @ Detroit Pistons	Best Damn Sports Show Period	Juggling Work and Family
21:00	MLB - San Francisco Giants @ Cincinnati Reds		Ballroom Boxing	
22:00		ESPN News	Motorcycle Racing	Trading Spaces